

Baked Flaked Fish with Tartar Sauce

Serves 8, 4 ounces cooked fish and 2
Tablespoons sauce per serving



Ingredients

Fish

- 2 pounds fish fillets, such as tilapia or haddock
- 4¼ cups cornflakes cereal
- ⅓ cup whole wheat flour
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 2 large eggs
- ¼ cup nonfat milk
- Non-stick cooking spray

Tartar Sauce

- ½ medium lemon
- ½ cup light mayonnaise
- ½ cup plain nonfat yogurt
- 3 Tablespoons sweet pickle relish
- ¼ teaspoon ground black pepper

Nutrition Facts

Serving Size 4 ounces cooked fish
and 2 Tablespoons sauce
Servings Per Recipe 8

Amount Per Serving

Calories 260 Calories from Fat 70

% Daily Value*

Total Fat 8g	10%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 110mg	37%
Sodium 500mg	22%
Total Carbohydrate 21g	8%
Dietary Fiber 1g	4%
Sugars 5g	

Protein 25g

Vitamin A 10%	Vitamin C 8%
Calcium 4%	Iron 30%

*Percent Daily Values are based on a 2,000
calorie diet. Your daily values may be higher
or lower depending on your calorie needs.

Directions

1. Preheat oven to 375 °F.
2. Cut fillets into 8 roughly even-size pieces.
3. In a medium bowl, crush cornflakes.
4. In a second medium bowl, mix flour, salt, and black pepper.
5. In a third medium bowl, add eggs and milk. Beat with a fork.
6. Dip each fish piece into flour, then egg mixture, then cornflakes. Each piece should be fully coated with flakes.
7. Coat baking sheet with non-stick cooking spray. Place fish pieces on sheet, evenly spaced. Spray pieces lightly with cooking spray.
8. Bake until fish flakes easily with a fork, about 15–20 minutes. While fish cooks, prepare tartar sauce.
9. Rinse lemon. In a small bowl, squeeze juice. Discard seeds.
10. In a second small bowl, add mayonnaise and yogurt. Whisk with a fork until smooth. Add relish, black pepper, and 2 teaspoons lemon juice. Stir until combined.
11. When fish is cooked, serve immediately. Add a dollop of tartar sauce on top or serve on the side.



Chef's Notes

- Leftovers can be refrigerated for about 1 day. Reheat in oven at 350 °F for 10–15 minutes. Add to fish tacos, wraps, or salad.
- To crush cornflakes easily, place in bowl and crush using the bottom of a measuring cup. Or, place in a large zip-top plastic bag and crush using your fists or the bottom of a measuring cup.
- For a different flavor, try topping with a fresh fruit salsa instead of tartar sauce.